

Adults (1600–1800 Calories)



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For a 1600–1800 calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to MyPyramid.gov. Limit extras—solid fats and sugars—to 130 to 195 calories a day.

GRAINS	VEGETABLES	FRUITS	OILS	MILK	MEAT & BEANS
About 5–6 ounces; Make half your grains whole	About 2 cups every day	About 2 cups every day	5 teaspoons a day	About 3 cups every day; for kids aged 2 to 8, it's 2	About 5½ ounces every day

Check the Nutrition Facts label to keep saturated fats and trans fats low.

Be physically active for at least 30 minutes most days of the week.